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## AMZ (ANTEROMEDIALIZATION / TIBIAL TUBERCLE OSTEOTOMY) W/ DE NOVO PATELLA/TROCHLEA REHABILITATION PROTOCOL

	<b>WEIGHT BEARING</b>	<b>BRACE</b>	<b>ROM</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-2 weeks	Heel-touch only	Locked in full extension at all times*  Off for hygiene and home exercise only	Gentle passive 0-45°  CPM 0-30°	Quad sets, patellar mobs, SLR, calf pumps at home  CPM at home
<b>PHASE II</b> 2-8 weeks	<b>2-6 weeks:</b> Heel- touch only  <b>6-8 weeks:</b> Advance 25% weekly until full	<b>2-4 weeks:</b> Unlocked 0-45°  <b>4-6 weeks:</b> Unlocked 0-90°  Discontinue brace at 6 weeks	<b>2-4 weeks:</b> CPM 0-60°  <b>4-6 weeks:</b> CPM 0-90°  Advance ROM as tolerated when non-WB	<b>2-6 weeks:</b> Add side-lying hip and core, advance quad set and stretching  <b>6-8 weeks:</b> Addition of heel raises, total gym (closed chain), gait normalization, eccentric quads, eccentric hamstrings  Advance core, glutes and pelvic stability
<b>PHASE III</b> 8-12 weeks	Full	None	Full	Progress closed chain activities  Advance hamstring work, proprioception/balance exercises; hip/core/glutes  Begin stationary bike at 10 wk
<b>PHASE IV</b> 12-24 weeks	Full	None	Full	Progress Phase III exercises and functional activities: walking lunges, planks, bridges, swiss ball, half-bosu exercises  Advance core/glutes and balance
<b>PHASE V</b> 6-12 months	Full	None	Full	Advance all activity w/o impact such as running, jumping, pivoting, sports until cleared by MD

\*Brace may be removed for sleeping after first post-operative visit (day 7-14)